

## Backpacking Dinner Choices

One Liners – the idea with a one liner is that you go across and pick one item from each column and make a dinner.

Choose one item from each column:

<b>Pasta / Grain / Starch</b>	<b>Protein Source</b>	<b>Dehydrated Vegetable</b>	<b>Sauce / Seasoning</b>
Macaroni (small)	Tuna	Green beans	Cheese
Ramen	Chicken	Corn	Gravy Mix
Couscous	Tofu	Mixed Vegetables	Powdered soup mixes
Spaghetti	Shrimp	Sun dried tomatoes	Spaghetti sauce
Pasta (small shapes)	Pre-cooked bacon	Peas	Stroganoff
Instant Rice	Sausage or salami	Broccoli	Bouillon cubes
Lipton Broccoli and Cheese Rice ( or any Package Mix from Grocery Store)	Ground Beef	Pinto Beans	Garlic / Onion Powder
Hamburger Helper	Peanut Butter		Dehydrated salsa
Grits (regular)			Salt / Pepper

General recipe:

Use 3 cups of water

Add ¼ cup dried meat

Add ½ cup dehydrated vegetables

Add ¾ to 1 cup of pasta/grain/starch

Add spices to taste – bring to a boil and simmer until done.

Protein sources can be canned (very heavy), frozen and used the first day on the trail (heavy), in a pouch (heavy), dried (less heavy) or freeze-dried (least heavy).

If you chose a packaged mix from the grocery store, make sure it cooks in 10 minutes or less, because at higher altitudes that can turn into 20 minutes or more.

Pasta and macaroni with small shapes cook more quickly (choose angel hair pasta over spaghetti).

Ramen and couscous are very quick and versatile.

There are some great backpacking cookbooks out there, any of which will give you an assortment of dinner recipes. Some of the favorites are:

Backpacker: Backcountry Cooking, Dorcas Miller, The Mountaineers, 1998

LIPsmakin' Vegetarian Backpackin', Christine and Tim Conners, ThreeForks, 2004

LIPsmakin' Backpackin', Christine and Tim Conners, ThreeForks, 2000

Backpack Gourmet, Linda Frederick Yaffe, Stackpole Books, 2002

The Well-Fed Backpacker, June Fleming, Vintage Books, 1986